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MVC MEN’S CROSS COUNTRY WINS HAAC MEET, CHRISTIANSON NAMED HAAC COACH OF THE YEAR

Marshall, Mo. (November 9, 2013)- Missouri Valley College men’s cross country team captured the program’s second Heart of America Athletic Conference championship, and first since 1986 Saturday morning at Indian Foothills Golf Course in Marshall, Mo. The women’s cross country team placed No. 8 at the event.

Leading the Viking men’s team was Freshman Phillip Cheriyout (Nairobi, Kenya) who placed second at 27:08.13, just three seconds behind the individual champion in the 8k race. Taking No. 6 overall for the Vikings was Freshman Spencer Head (Camas, Wash.) who finished in a time of 27:58.4. Finishing back-to-back and No. 8 and No. 9 were Freshman Nolan Ryan (St. Peters, Mo.) and Senior Ignacio Franco (Hoesca, Spain). Ryan finished in a time of 28:17.98 and Franco came in at 27:20.26. Rounding out the scorers for MVC was Junior Kenneth Kipng’etech (Nairobi, Kenya) who placed No. 12 in a time of 28:41.90. Rounding out the top seven runners for MVC were Senior Chase Burgess (Lamar, Mo.) at No. 16 in a time of 29:04.19, No. 19 Junior Will Lee (Strafford, Mo.) in at 29:18.96.
The Vikings as a team scored 37 points, defeating Central Methodist University by 10 team points. The conference championship means the Viking men’s cross country team will qualify for the NAIA National Meet in Lawrence, Kan., at Rimrock Farm Nov. 23.

In addition to the men’s team championship, Head Coach Nathan Christianson was named the HAAC Men’s Cross Country Coach of the Year for the 2013 season.

The MVC women’s cross country team took No. 8 in the team standings, and were paced by Senior Amanda Buhr (Jefferson City, Mo.) who took No. 14 in a time of 20:37.53 in the 5k race. Sophomore Christina Fergason (Lexington, Mo.) placed No. 64 for MVC in a time of 26:25.89, while Junior Fanny Bertalan (Lyon, France) took No. 72 in a time of 21:04.57. Finishing right after Bertalan was Senior Bailey Gambrell (Colorado Springs, Colo.) who finished in a time of 31:28.72 and taking No. 74 for MVC was Sophomore Samantha Johnson (Forsyth, Mo.) who finished in a time of 31:43.02 to round out the scorers. Also finishing for MVC was No. 77 Sophomore Lilian Blasque (Andradina, Brazil) who placed No. 77 in a time of 35:15.46.

The Vikings finished with a team score of 214. Taking the conference championship was Baker University, finishing with 24 team points.

ABOUT MISSOURI VALLEY COLLEGE
Known for its dynamic, richly diverse, and friendly educational environment, Missouri Valley College offers many opportunities to grow in mind, body, and spirit. Grounded in the liberal arts, undergraduate studies empower students to master interdisciplinary skills needed to succeed in a knowledge-based global society. MVC offers over 40 academic programs, study abroad program, honors program, extracurricular activities, and 13 sports. The most popular majors include education and business, and some new majors are ag-business, nursing, graphic design, and health information systems (associate degree). Above all, Valley is committed to student success. For more information, call (660) 831-4000 or visit www.moval.edu.